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Erasmus+ Training

ENHANCING EMOTIONAL INTELLIGENCE

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OID

Registered Provider
Portugal: E10201112
Poland: E10419682 **Spain:** E10417947

Language:
English

Area:
Emotional Intelligence & Relationships / Stress Management & Burnout Prevention

Level:
Basic to Intermediate Professional Literacy

Course Description

This course is designed to empower educators with essential emotional intelligence skills and strategies to create a supportive and engaging classroom environment. Emotional intelligence is the ability to understand, use, and manage one´s own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.
This competence has a surprisingly powerful effect on our lives, from our capacity to foster long-term relationships with friends to whether we're able to succeed in school.
Managing our emotions as well as understanding others is vital when interacting within both the professional day-to-day with colleagues, students, parents and society.
Since 2020 we have been facing a global pandemic which caused a huge intrusion in all relationships. And between teachers and students too. While teaching was already a challenging profession, COVID-19 has pushed aside some of the heartwarming, relational positives of teaching and replaced them with stress and e-learning teaching.
If armed with emotional skills, teachers are better equipped to create positive classroom relationships, cultivate an engaging learning environment, and support the holistic development of their students.
Through a combination of theoretical insights, practical exercises, and interactive discussions, participants will develop a deep understanding of their own emotional landscape and gain strategies to navigate the emotional landscape of their students effectively.

Learning Outcomes

- Develop knowledge and practice self-management; awareness; control; motivation; empathy, and social skills;
- Understand, use and manage feelings and emotions;
- Learn the benefits of emotional intelligence;
- Conflict management hard skills;
- Maintain focus and control during difficult conversations;
- Increase your likability which helps you to win friends, and build and solidify long-sustainable relationships;
- Engage with and influence others;
- Protect and enhance your well-being;
- Use your new skills to improve your well-being and meet your interaction goals with others;
- Practice language, social and communicative skills;
- Enhance English language skills;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues.

course code LTEEI58

Course Programme

5 DAYS

course code LTEEI58

All our courses include a daily standard Coffee Break

DAY 1

- Emotional intelligence (EI) - origins.
- EI - Traits, ability, and mixed models.
- Self-awareness, regulation, motivation, empathy, and interpersonal skills.

DAY 2

- How to measure emotional intelligence
- What are emotions?
- Recognize 'negative' and 'positive' emotions identifying stress, conflict, trust
- Our brain's functioning
- The different levels of emotional awareness
- Increase our emotional knowledge
- Develop our emotional awareness
- Increase our self-confidence
- Control illogical emotional reactions.

Our courses typically run ***from 08:30 to 13:30.***

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

DAY 3

- The role of emotions in trust-based relationships.
- Respect others and their emotions.
- Express our own emotions and share them with others; Recognize emotions in others.
- How to think positively.
- Learn tools to enhance our ability to recognize and appropriately respond to others' emotions .
- Perceiving emotions accurately in others to build empathy.
- Roleplay/Brainstorm.

Course Programme

5 DAYS

course code LTEEI58

All our courses include a daily standard Coffee Break

DAY 4

- Deal with difficult emotions in stressful situations
- Techniques to manage emotions in challenging situations
- The impact of not managing and processing 'negative' emotion
- Learn conflict management strategies
- Develop conflict prevention behaviors.

DAY 5

- Applying EI in the workplace.
- Empathy and trust in relationships.
- Increase our ability to create effective working relationships with others (peers, subordinates, parents, students).
- Tools to lead, motivate others and create a high performing team.
- Group Work, course roundup & review.
- Learning outcomes' validation.
- Certification Ceremony.

Planned Schedule: *Our courses typically run from* ***08:30 to 13:30.***

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

Full Documentation Learning Agreement; **Certificate of Attendance** (with detailed Learning Outcomes); Europass validation; and other required Erasmus+ supporting paperwork.

100% Eligible for Erasmus+ Funding (2021–2027) - Our courses are eligible to be completely funded by the Erasmus+ program.

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